

VEGES

- Callaloo
- Okra
- Kale
- Bitter leaf
- Dandelion
- Swiss chard
- Mushroom (all except shiitake)
- Zucchini
- Squash
- Cucumber
- Bell peppers
- Avocado
- Seeded key Lime
- Lettuce (all except iceberg)
- Seaweed(wakame,dulse,arame,hijiki,nori)
- Watercress
- Purslane(arata ase)
- Rocket(wild)
- Olives
- Onions
- Scotch bonnet
- Tomatoes (cherry & plum)
- Chickpeas
- Arugula (wild)
- Sage
- Coriander - Cilantro
- Basil
- Ginger
- Cloves
- Dill
- Thyme
- Oregano
- Bay leaf
- Krain Krain
- Turnip greens

OILS

- Olive oil (do not cook)
- Grape seed oil
- Coconut oil (do not cook)
- Hempseed oil
- Avocado oil
- Sesame oil

GRAINS

- Quinoa
- Teff
- Fonio | Funde
- Amaranth
- Wild rice

FRUITS (No cranberries)

- Seeded Grapes
- Burro bananas
- Guava
- Prunes
- Soursap
- Papaya
- Mango
- Seeded watermelon
- Tamarind
- Blacktombla
- Dates
- Currants
- Pear
- Gala apples
- Plum
- Monkey apple
- Apricot
- Peach
- Cherries
- Blackberries
- Blueberries
- Raspberries
- Strawberries
- Bobby wata
- Figs
- Seeded oranges
- Jelly coconut
- Bobbywata
- More

SEASONINGS

- Dill
- Tarragon
- Sage
- Oregano
- Thyme
- Rosemary
- Basil

- Sea salt
- Coriander
- Granulated seaweed
- Ginger powder
- Cloves
- Bayleaf
- Onion powder
- Habanero
- Cayenne Peppah
- More

SUGAR

- Agave syrup
- Date sugar

OTHER

- Walnuts
- Brazil nuts
- Hempseed
- Coconut milk
- Sesame seeds (Tahini)
- Sheabutter
- Batana oil
- Oregano oil
- Sea salt
- Coconut Milk
- Coconut water
- Seamoss

HERBAL TEAS

- Burdock root
- Sarsaparilla
- Chamomile
- Valerian root
- Elderberry
- Ginger
- Hibiscus
- Fennel
- Lavender
- Elderberry
- Nettle
- Raspberry
- Tila
- More

